



# Aquatics

**Shake  
the  
Heat**

## Miller Park Pool

Season:

Weekends May 27-29; June 3-4 & 9-10  
Open daily June 13

*Hours of Operation:*

Monday-Saturday: 12 noon-6 pm  
Sunday: 1-5 pm

*Admission Cost:*

\$2 per adult • \$1.50 per child (under 2 free)  
10-Pass Ticket: \$15 per card  
Season Pass: \$50 per pass  
Family Pass: \$75  
(4 admissions per day; \$1 for each additional)



## Be Cool ... Rent the pool!



- ◆ Private use of the largest aquatic facility in Lynchburg
- ◆ Diving boards and water slide
- ◆ Showering mushrooms and kiddie area for toddlers

The Miller Park Pool is available for rentals when the pool is closed to the general public.

Rates:

\$100 per hour

(includes the main pool area and the kiddie pool)

\$75 per hour

(includes the main pool area only)

\$25 additional per hour if the party is to entertain over 125 people.

Please contact the Aquatics staff at (434) 455-5884 for more information.

### Lifeguard Challenge Course Ages 15 & Up

American Red Cross Lifeguard Training Class. This class is only open to those who need to renew a current certification. Participants must complete a 500 yd. swim and pass a written and skills test in order to obtain certification.

CR & NR \$100

Miller Park Pool - Contact: Maggie Mace

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
34000.203	SU	6/4	1-7 pm

### Lifeguard Training Session II Ages 15 & Up

American Red Cross Lifeguard Training Class. Participants must complete a 500 yd. swim and pass a written and skills test in order to obtain certification.

CR & NR \$175

Miller Park Pool - Contact: Maggie Mace

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
34000.202	M-F	6/5-6/9	1-5 pm

### Water Safety Instructor Ages 16 & Up

This course trains candidates to teach water safety and the six levels of the American Red Cross Learn to Swim Class. Candidates must pass a pre-course training and swim test; current lifeguard certification strongly recommended.

CR \$150; NR \$165

Miller Park Pool - Contact: Joanna Nisbet

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
34001.201	M-F	6/14-6/30	8:30 am-noon

### Swim Lesson Level 1 Ages 5 to 15

*Introduction to Water Skills* – For the child who will not put their face in the water and may have a fear of water and/or has limited water movement.

CR \$25; NR \$38

Miller Park Pool - Contact: Joanna Nisbet

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
34011.201	M-F	6/19-6/30	10-10:45 am
34011.202	M-F	6/19-6/30	11-11:45 am
34011.203	M-F	7/10-7/21	10-10:45 am
34011.204	M-F	7/10-7/21	6:30-7:15 pm
34011.206	M-F	7/31-8/11	10-10:45 am

### Swim Lesson Level 2 Ages 5 to 15

*Fundamental Aquatic Skills* – For the child who can fully submerge their face and can float on their front and back with support.

CR \$25; NR \$38

Miller Park Pool - Contact: Joanna Nisbet

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
34012.201	M-F	6/19-6/30	9-9:45 am
34012.202	M-F	7/10-7/21	9-9:45 am
34012.203	M-F	7/10-7/21	11-11:45 am
34012.204	M-F	7/31-8/11	9-9:45 am
34012.205	M-F	7/31-8/11	11-11:45 am

### Swim Lesson Level 3 Ages 5 to 15

*Stroke Development* – For the child who can float unsupported on their front and back, and is comfortable in deep water.

CR \$25; NR \$38

Miller Park Pool - Contact: Joanna Nisbet

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
34013.201	M-F	6/19-6/30	9-9:45 am
34013.204	M-F	6/19-6/30	11-11:45 am
34013.205	M-F	7/10-7/21	10-10:45 am
34013.202	M-F	7/10-7/21	6:30-7:15 pm
34013.203	M-F	7/31-8/11	9-9:45 am

### Swim Lesson Level 4 Ages 5 to 15

*Stroke Improvement* – For the child who can float unsupported on their front and back, and is comfortable in deep water. This level develops the swimmer's confidence in the skills learned and improves other aquatic skills.

CR \$25; NR \$38

Miller Park Pool - Contact: Joanna Nisbet

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
34014.201	M-F	6/19-6/30	10-10:45 am
34014.202	M-F	7/10-7/21	11-11:45 am
34014.203	M-F	7/31-8/11	10-10:45 am

### Swim Lesson Levels 5 & 6 Ages 5 to 15

*Stroke Refinement, Swimming, & Skill Proficiency* – For the child who can swim front crawl, elementary backstroke, breaststroke, and sidestroke. Swimmers refine strokes to swim with ease, efficiency, and power over greater distances. *Note:* Level 6 prepares students to participate in advanced water safety courses.

CR \$25; NR \$38

Miller Park Pool - Contact: Joanna Nisbet

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
34015.201	M-F	7/10-7/21	9-9:45 am
34015.202	M-F	7/31-8/11	11-11:45 am

### Swim Lesson Adults Ages 16 & Up

Class sizes are limited for individual attention. Swimmers of all levels are welcome to join these classes.

CR \$25; NR \$38

Miller Park Pool - Contact: Joanna Nisbet

<u>Activity No.</u>	<u>Day</u>	<u>Date</u>	<u>Time</u>
34017.201	M-F	7/10-7/21	6:30-7:20 pm

The prerequisite for each swim lesson level is the successful demonstration of the skills from the preceding level, except for level 1, which has no prerequisite.





# *Aquatics*

## Pool Parties

**H**ave the coolest child's birthday party in town! New this year, our party package provides entrance to the pool for up to 15 people, a separate party area, and a birthday cake. Pool is available Monday-Friday from 4-6 pm or for a two-hour time block during operating hours on weekends. Reservations must be made one week in advance. A deluxe package is also available which includes a hotdog, chips and a drink for each guest.

Rates: \$50 Basic Party Package  
\$95 Deluxe Party Package



For more information & availability, please contact the Aquatics office at (434) 455-5884.

